

Veggie Box Newsletter

Week 1: March 7

Welcome to week 1 of the Spring Veggie Box!

We're on native land. Specifically, Allen Neighborhood Center is on land belonging to the Anishinaabe (Odawa, Ojibwe, and Potawatomi people) & Haudenosaunee Confederacy, which today is called Lansing, Michigan – Lansing was originally called “Nkwejong,” meaning “where the rivers meet,” and Michigan comes from the Ojibwe word "mishigamaa," meaning "large lake." The purpose of this statement is to show respect for indigenous peoples, and recognize their enduring relationship to the land. Practicing acknowledgment can also raise awareness about histories that are often suppressed or forgotten. Given how closely tied Veggie Box is to the land and the environment, we think it's important to acknowledge the history of the relationships these indigenous folks had (and still have) with the land, plants and animals, and how these relationships sustained communities for generations. Thank you for supporting local food!

Producer Spotlight

Hunter Park GardenHouse

The Hunter Park GardenHouse, a project of Allen Neighborhood Center, is a hub for year-round farm & garden education, where neighbors volunteer to grow food, flowers, and community, and youth develop job and life skills in service to the neighborhood. Since 2008, the Hunter Park GardenHouse has empowered neighbors to grow, prepare, and eat healthy food to better their health and become better connected with the community.

Crop Profile

Microgreens

This week's microgreens are a spicy micro mix - a colorful blend of red and green mustards! Microgreens are essentially seedlings of edible vegetables and herbs, and though miniscule in size, concentrated in nutrients. Studies have shown that microgreens are loaded with nutrients - up to 40 time more than the mature leaves of the same plants. Microgreens are great on salads, sandwiches, and in smoothies!



Veggie Box

What's in the Box?

- Organic Butternut Squash**, *MSU Student Organic Farm, Holt*
- Parsley**, *Hunter Park GardenHouse, Lansing*
- Microgreens**, *Hunter Park GardenHouse, Lansing*
- Organic Spinach**, *Monroe Family Organics, Alma*
- Organic Fingerling Potatoes**, *MSU Student Organic Farm, Holt*
- Organic Popcorn**, *Ferris Organic Farm, Onondaga*
- Garlic**, *Hamlich Farms, Holt*
- Yellow Onions**, *Titus Farms, Leslie*

Add-Ons

- Eggs**, *Grazing Fields Cooperative, Charlotte*
- Bread**, *Stone Circle Bakehouse, Holt*
- Meat**, *GCC Organics, Mt. Pleasant*
- Organic Chicken**, *GCC Organics, Mt. Pleasant*
- Pork**, *Grazing Fields Cooperative, Charlotte*
- Beef**, *Heffron Farms Market, Belding*
- Cold Brew Coffee**, *Rust Belt Roastery, Lansing*
- Organic Pinto Beans**, *Ferris Organic Farm, Onondaga*
- Cheese**, *Hickory Knoll Farms Creamery, Onondaga*
- Chevre**, *Hickory Knoll Farms Creamery, Onondaga*
- Sweet Treats**, *Rooted Home Farm & Goods, Lansing*
- Pie**, *Rooted Home Farm & Goods, Lansing*

Recipes

Microgreens and Spinach Pesto

1/4 cup pine nuts or walnuts
1 1/4 cup Veggie Box spinach
Veggie box microgreens
1 clove Veggie Box garlic, grated or chopped
1/4- 1/3 cup olive oil
1/3 cup grated parmesan
1/2 tablespoon lemon juice
big pinch of salt
a few turn of pepper

Toast the nuts in a pan or in the oven until they're lightly browned. Throw all ingredients (including the warm nuts) into the food processor. Blend until smooth and taste for seasoning. Store in the fridge for up to a week with a thin coating of olive oil on top to prevent browning. Or you can freeze it in an ice cube tray and then transfer cubes to a ziploc bag. This pesto is great for sandwiches and pasta!



Butternut Squash Soup

2 tablespoons butter
1/2 cup of Veggie Box onion, chopped
2 Veggie Box potatoes, chopped
1 Veggie Box butternut squash peeled, seeded, and cubed
2 cloves of Veggie Box garlic, minced
4 cups of vegetable broth
1/2 tsp of curry powder
1/4 tsp of cinnamon
1 tablespoon of maple syrup
Dash of red pepper flakes
Salt & black pepper to taste

Melt the butter in a large pot, and cook the potatoes and squash 5 minutes, covered, or until lightly browned. Add the onion, garlic, curry powder, cinnamon, maple syrup, and red pepper flakes and cook a few more minutes. Pour in enough of the vegetable broth to cover vegetables. Bring to a boil. Reduce heat to low, cover pot, and simmer 40 minutes. Transfer the soup to a blender - or use an immersion blender - and blend until smooth. Return to pot, and mix in any remaining stock to attain desired consistency, and season with salt and pepper!



Fingerling Potatoes with Parsley

Veggie Box fingerling potatoes
2 tbs butter, melted
2 tbs Veggie Box parsley, finely chopped
Sea salt to taste

Boil the fingerling potatoes until tender but firm, about 6 minutes. Drain and toss the potatoes with the melted butter, chopped parsley and sea salt. Serve warm

